



Updates from the AHBC Board

In a few short weeks, bike season will be here.

Our club will be offering many opportunities for rides this year. Steve Magnino will lead the Tuesday evening rides and promises an intermediate pace that all riders can enjoy. The club will offer newcomers' rides and monthly all-club rides so members can get better acquainted, whether they are leisure riders or riders of a more advanced pace.

This year's Bicycle Swap is scheduled for **April 28**, and the **Arlington 500 will take place on May 20**. Obviously, these fundraisers are important for our club to thrive and continue to grow. Everyone's support is needed to make these events a success, so don't be shy about signing up to volunteer.

The Board is planning website training sessions at future meetings to help our members better use our website. We will also have speakers discussing interesting topics like Sheri Rosenbaum's KATY Trail Ride, presented at our January meeting, and Gary Gilbert's talk about his Minnesota bike trip, which he described at the February meeting. Ed Barsotti from Ride Illinois will join us at the March meeting to let us know what's new in cycling in our state. At the April meeting, Don Ami will detail the basics of bicycle maintenance, a topic that many of our members have requested.

Biking is a pleasure that brings us together in the sheer joy of the wheel, an exhilarating sport, social and physical, as well as emancipating, as Susan B. Anthony wrote:

"Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel...the picture of free untrammelled womanhood."

Tailwinds and Downhills,
Tom Drabant, Club President

Make a difference on Saturday, April 28 and Sunday, May 20...
see pages 6 and 9 for details

UPCOMING CLUB MEETINGS

6:30 P.M. board meeting, 7:30 P.M. general meeting
Pioneer Park, 500 S. Fernandez, Arlington Heights

Wed., March 28 Ed Barsotti of Ride Illinois (formerly League of Illinois Bicyclists) will present on the organization's latest advocacy activities, including new state laws, requests for bike-friendly road projects and motorist signage, and proliferation of its BikeSafetyQuiz.com learning resource to driver education programs and more. Ed will also describe the Grand Illinois Bike Tour, a six-day event held each June. In addition, we will meet Terri Rivera, Ride Illinois' new executive director. Come learn what's happening in cycling in Illinois.

Wed., April 25 Our own Don Ami will demonstrate the basics of bike maintenance. Learn how to clean a chain, how to measure a chain for wear, how and what to lube, the correct way to wrap handlebar tape, how to adjust cables, and more. Don will be working on a club member's bicycle during his presentation. Has it been a while since your road bike was tuned up? If so, email Paula for a chance to have your bicycle chosen to be the demo bike on April 25! plmatzek@aol.com

Wed., May 23 Our annual thank you party for Bike Swap and Arlington 500 volunteers will take place at the May meeting at Pioneer Park. All who have helped at one or both of our spring events are invited to attend and enjoy a pizza and salad meal.

Check club website for more details:

<http://cyclearlington.com/ridesevents.php>

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Tech Corner by Gene Zaworski



The newest Bluetooth helmet, the OMNI from Coros: This new device allows riders to listen to music or voice navigation from their device of choice. This device works in conjunction with IOS and Android devices. It features Bone Conduction Audio that allows the user to hear full sound but maintains sounds from the surrounding environments. The device comes equipped with a built-in microphone allowing the user to take calls from a mobile device.

It has an Emergency Alert System that will send SMS text messages to a pre selected emergency contact. The rear of the helmet is equipped with tail light safety. The light is automatic based on ambient light. The unit comes with a handlebar key-fob that controls the functions of the helmet. The key-fob allows the cyclist to accept or deny mobile calls, adjust volume, play helmet in walkie-talkie mode, or change the lights on/off functionality via voice

command, or change the listening track. The unit comes with a detachable visor, key-fob and helmet storage bag. The device will run up to eight hours. Helmets come in white, black, red, or baby blue. The list price is \$200.00 Check it out at VillageCycle Sport in Arlington Heights or Barrington.

AHBC Rides

Tuesday and Thursday Morning Bakery Rides, Willow Stream Park, Buffalo Grove,
Mitch Polonsky, oranges50@aol.com, 847-707-8560

Tuesday Evening Rides, 6:30 P.M., Recreation Park, Arlington Hts.,
Steve Magnino, magnino@comcast.net, 847-894-3735

Saturday Morning Advanced Pace, Mitch Polonsky, oranges50@aol.com, 847-707-8560

Saturday Morning Intermediate Pace, Mitch Polonsky, oranges50@aol.com, 847-707-8560

Weekday and Saturday Leisure Pace, Dave Martin, dcmartin4@gmail.com 847-612-9142

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Did you renew your membership?

Membership Fee for individuals and families or residents of the same household is \$15 per year.

ARTICLE IV - DUES

The annual dues for each adult member or household of the AHBC shall be \$15 per annum. Dues are payable at the time of initial membership application. New memberships received after September 1st are considered paid in full for the following year of membership.

Membership renewals must be submitted by March 31st of each year. Any member or household who does not pay renewal dues by May 31st shall be dropped from the membership and email list.

Perks of riding with AHBC:

Great ride leaders, opportunities to ride safely in urban and rural areas, and fellow riders will help you fix a flat.

What are your perks of being a member of AHBC?

Looking Ahead...

**Your photos of and articles about club rides and events
are needed
for future newsletters.**

Submit to Paula Matzek, plmatzek@aol.com.

Why Volunteer? by Vince Kelley

Many of AHBC club members have already answered this question for themselves. But if you are only occasionally connected to the club or you are new, you may be asking yourself this question. Every spring the club has two major fundraising events. The first is a bike swap this year on April 28. The other is the Arlington 500 invitational ride on May 20. For both events most of the work is done either the day before or between 6:00 a.m. and noon the day of the event. Each event requires the labor of dozens of people. **Why would you want to be there?**

It most likely would involve getting up earlier than you usually do on a Saturday or Sunday morning and traveling a little distance from home. Once you get there however, you should expect a warm welcome and something to keep you meaningfully busy for at least a few hours. In the course of that time you will have the opportunity to get to know at least a few fellow members a lot better. You begin to feel a part of something.

You will help make it possible for hundreds of folks to have the thrill of owning a new (at least for them) bike or for hundreds of riders to experience the fun of being on our well prepared routes and eating our well thought out snack foods. Each of our events has a real sense of excitement that only can be fully understood when you actually participate. Whatever time you generously offer to share with the bike club, it is my hope and expectation that you will receive a great personal reward in return.

Club Officers	Names	Email board@cyclearlington.com
President (elected club officer)	Tom Drabant	president@cyclearlington.com
Vice President (elected club officer)	Paula Matzek	vicepresident@cyclearlington.com
Secretary (elected club officer)	Mark Neubauer	secretary@cyclearlington.com
Treasurer (elected club officer)	Vincent Kelley	treasurer@cyclearlington.com
Membership (elected club officer)	Janet Harlow	membership@cyclearlington.com
Ride Chair (appointed board member)	Mitch Polonsky	ride@cyclearlington.com
Arlington 500 (appointed board member)	Tom Drabant	500@cyclearlington.com
Newsletter (Volunteer not board member)	Paula Matzek & Jackie Kelley	newsletter@cyclearlington.com
Ride of Silence (Volunteer not board member)	Gary Gilbert	rideofsilence@cyclearlington.com
Web Site (Volunteer not board member)	Gary Gilbert	web@cyclearlington.com

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Swap Volunteers Needed

April 27 & 28

[http://www.cyclearlinton.com/
swapmeet.php](http://www.cyclearlinton.com/swapmeet.php)

Chair is Gene Zaworski 312-952-9021

To volunteer email

swap@cyclearlinton.com

Friday April 27

Get items from storage, set up bike racks and bring in tables .

Saturday April 28

5:30am-9:30am

Set up tents and electronics.

6:30 am to 9:30 am

Bike Runners Unload bikes from shops. Place individual bikes in appropriate places on racks.

6:30am- 10:00am

Intake Clerks on computers

Take registration receipts and process. Provide tags to runners.

8:30am-2:30pm

Check Out Clerks & Substitutes Scan products and take cash.

10:00am -2:30pm

Bike Mechanics

Test track supervisors

6:30am-2:30pm

Food Prep and Setup Workers Help set up food station for our workers and make sure that every volunteer has a food break.

10:00am to 3:00pm

Gate Guards Make sure all customers show receipts when leaving with bikes and /or accessories.

10:00am to 2:30pm

Bike Floor Walkers Help people determine bike fit, work with customers, and answer questions.

2:30-4:30 pm

Tear Down Staff Take down tents, tables, and all equipment and help move items back to storage. Load donated bikes.

Check AHBC website for more information:

<http://www.cyclearlinton.com>

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Rides of Interest

Fri., May 25 - Sun., May 27	Horsey Hundred, Georgetown, KY, www.horseyhundred.com
Sat., May 26 & Sun., May 27	Blackhawk Country Roads, Rockton, IL, www.blackhawkbicycleclub.org
Sun., May 27	Bike the Drive, Chicago, www.bikethedrive.org
Sun., June 3	Udder Century, Crystal Lake, uddercentury@gmail.com
Sun., June 3 - Sat., June 9	Pedal Across Wisconsin, Old World, www.pedalacrosswisconsin.com
Sat., June 9 - Sun., June 10	TOMRV (Tour of the Mississippi River Valley), Iowa/Illinois, www.qcbc.org
Sun., June 10	BCLC Ramble, Wilmot, WI, www.bikebclc.com/ramble
Sun., June 10 - Fri., June 15	Grand Illinois Bike Tour, Clinton, IL, info@rideillinois.org
Sun., June 10- Sat., June 16	Oklahoma Freewheel Ride, Route 66, www.okfreewheel.com
Sun., June 17 - Fri., June 22	Bicycle Across Missouri, Route 66, www.bigbamride.com
Sun., June 24	Swedish Days Ride, Hampshire, IL, www.fvbsc.org/swedishdays
Sat., July 28 - Sun., July 29	Amishland and Lakes, LaGrange, IN, www.amishlandandlakes.com
Thurs., Aug. 31 - Mon., Sept. 3	Midwest Tandem Rally, Grand Rapids, MI, www.mtr2018.org
Sun., Sept. 9	Harmon Hundred, Wilmot, WI, www.wheelmen.com/harmon
Sun. Sept. 16	North Shore Century, Evanston, IL, www.evanstonbikeclub.org/nsc
Sun. Sept. 30	Apple Cider Century, Three Oaks, MI, www.applecidercentury.com
Mon., Dec. 3- Sat., Dec. 8	PAW, Florida Keys Ride, www.pedalacrosswisconsin.com
Dec., TBD	Holiday Lights Ride, Arlington Hts., IL, Ford Sakata, ftsakata@yahoo.com

Do you ride a bike to add days to your life
or to add life to your days?

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Calendar of Events, 2018

Wed., March 28	Club meeting, Pioneer Park, 500 S. Fernandez, Arlington Hts.
Wed., April 25	Club meeting, Pioneer Park
Sat., April 28	AHBC Bicycle Swap, Centennial Park, swap@cyclearlington.com , Gene Zaworski, 312-952-9021
Wed., May 16, 7 P.M.	Ride of Silence, Recreation Park, 500 E. Miner, Arlington Heights, Gary Gilbert, 847-577-4275
Sat., May 19	Arlington 500 Pre-ride (PAID MEMBERS ONLY), Barrington High School, 500@cyclearlington.com , Tom Drabant, 312-882-4213
Sun., May 20	Arlington 500 Invitational Ride, Barrington High School, 500@cyclearlington.com , Tom Drabant, 312-882-4213
Wed., May 23	Club meeting/volunteer thank you dinner, Pioneer Park
Tues., May 29- Fri., June 1	Gary's Trempeleau, WI Ride, Gary Gilbert, 847-577-4275
Sat., June 2	"Meet the Newcomers" Ride, Frontier Park
Wed., July 4	AHBC rides in the Arlington Heights July 4th Parade
Sat., July 14	Club picnic (PAID MEMBERS ONLY), Karin Hribar, khribar@comcast.net
Sat., Aug. 18	Progressive Dinner (PAID MEMBERS ONLY), organizer needed
Wed., Sept 26	Club meeting, Pioneer Park
Wed., Oct. 24	Club meeting, Pioneer Park
Sat., Nov. 10	AHBC Banquet

The Arlington 500

Bicycling is not all AHBC does...

Many hands makes the load lighter.

Volunteer Opportunities

Thank you in advance for all of your efforts in making this another successful fund raising event.

Tom Drabant, Chair Arlington 500

Contact Tom to Volunteer

tdrabant@comcast.net

312-882-4213

Saturday, May 19

2:30-4:30 PM

Mark the 500 route

with directional arrows.

8-10 members (2 or 3 per vehicle) needed.

5:30-7:30 PM, site TBD

Make sandwiches for the Sunday riders. 5-10 members needed.

Sunday, May 20

5:30-10:00 AM

Barrington High School

Don and Kris Ami are in charge of jobs at the High School.

Approximately 12+ people needed, including
Parking Lot Attendants (2) Greeters (2),
Refreshment table(2), Map & Direction person,
Pre-Registration and Registration helpers (5)

We have had over 600 riders attend!

Sunday, May 20

7:00 AM - 3:00 PM

SAG Drivers

Roger Hitchings is in charge of SAG. Use your vehicle to drive the route and assist riders as needed — minor medical assistance, water, changing a flat, or driving them and their bicycles back to Barrington High School. 6 vehicles, two people in each.

6:30 AM -11:30 AM (First Shift) 11:00 AM-3:00 PM (Second Shift)

Rest Stop,

Anna Zaworski and Rose Pisano are in charge of the refreshments. At the Spencer-Loomis School, help is needed setting up our tents, tables, water systems, serving food, Gatorade, etc. After all of the riders have passed through the rest stop, volunteers will disassemble the tents, tables, etc. and load them into vehicles for transport back to our storage locker. Many members needed.

2:30-3:00 PM

Sign Pickup

SAG drivers will pick up some of the directional signs after they ensure their routes are free of riders. Several additional vehicles needed, 2-3 people per vehicle.

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Harvesting the 2018 AHBC Season.... by Jackie Kelley

RIDES, RIDES, and MORE RIDES

Looking at the calendar on our AHBC website, cyclearlington.com, the volunteer work of our ride chair, Mitch Polonsky, and a varied group of ride leaders is evident. **Just in September alone, the calendar shows at least fifty different ride opportunities.** Not finding the ride you would like to enjoy? Please consider leading a ride yourself. Contact Mitch or one of the current ride leaders for help with routing and leading.

To Gary Gilbert goes much of the credit for the improvements we have seen this year in the organization and content of our website. Please thank him for the significant time and effort he has devoted and continues to devote to this project.

Our jerseys say "Live to Ride, Ride to Live,"

but our unofficial motto might be **"Eat to Ride, Ride to Eat."**

With that in mind, **how many of these 2018 meal-related events did you enjoy?**

- ☼ New Year's Day ride and potluck
- ☼ Zero Mile breakfasts and dinners
- ☼ Bocce Ball with pizza lunch at Pinstripes
- ☼ AHBC Picnic Ride
- ☼ Progressive Dinner Ride
- ☼ Bike Swap and Arlington 500 volunteer appreciation pizza party
- ☼ AHBC Banquet (this year on November 10)
- ☼ **Nearly every club bike ride is an opportunity to share a meal with friends.**

At least four of the above events are subsidized financially by the club and, as such, are direct benefits of paying just \$15 to become a member of our club.

We will begin collecting renewal applications and dues on January 1, 2019, and all renewals are due by March 31.

But no one joins AHBC to just eat!

As an active AHBC member with over 1,000 miles annually who joined in 1997, I was very **happy to have a ride leader, no drop ride, and especially help whenever I got a flat!**

How many of these would you check: From the AHBC Bylaws:

The purpose of Arlington Heights Bicycle Association is:

- ☑ To enjoy bicycling with friends and to meet other bicyclists.
- ☑ To promote cycling safety programs and to acquaint others with proper traffic regulations.
- ☑ To advance and improve public facilities and services for cyclists.
- ☑ To encourage bicycling for its contribution to individual health and the environment.
- ☑ To share information about bicycling with individuals and/or organizations.
- ☑ To foster good will and friendship between residents and cyclists.
- ☑ To cooperate with Village Officials and other organizations for the general welfare of all cyclists.

Yes, you can ride, eat, and especially volunteer to make a difference.

AHBC BANQUET

by Jennifer Rogers

Hold the date! The AHBC banquet this year will be held on **Saturday, November 10th, 6:00 - 10:00 P.M.** at the **Arlington Lakes Golf Course Clubhouse**, 1211 S. New Wilke Road in Arlington Heights. Hang out with your bike club friends while they aren't wearing spandex and a bike helmet (and hope you recognize each other!) Bring your best ride stories from the past year, and keep racking up those miles so you can make it to the top of the mileage board!

A buffet dinner will be catered by Salerno's. Entree choices: **chicken marsala, eggplant parmesan, or roast sirloin of beef.** A vegan option is available. Sides will include mostaccioli with marinara sauce, garden salad, sauteed broccoli, and bread. Coffee, tea, soft drinks, and dessert will be included. Cash bar available.

Cost will be **\$20 for bike club members** (and members of their household) and **\$35 for non-member guests.**

RSVP no later than November 1 by sending a check made payable to Arlington Heights Bicycle Club. Indicate your choice of entree (or specify "vegan option"). Mail checks to Vince Kelley, 1422 Bridgeport, Mount Prospect, IL 60056.

Don't miss the fun! RSVP today to reserve your spot.

Wednesday October 24

Board meeting 6:30 P.M.

Meeting and program 7:30 P.M.

Election of board members for 2019 and a program by Julie Cates of MAT Schaumburg on conditioning for bicycling.

Check our web site for
photos of club events and
rides this year...

AND

Gary, our website manager,
asked for ride reviews,
safety articles, photos, and
more.

If there is some bit of
information not on the
website that should be
there then contact Gary at
web@cyclearlington.com

TIPS FOR SAFE GROUP RIDING from the Elmhurst Bicycle Club

Be predictable

- Keep a smooth pace – don't surge and then coast.
- Announce slowing and stopping with hand signal and voice.
- Hold your line and keep your head straight.
Don't weave or meander from side to side.

Maintain a safe interval

- Safe distance depends on skill and pace.
- Generally leave 2 – 3 wheel lengths.
- NEVER overlap wheels.
- Pay attention to the riders behind you
– let the leader know when others fall behind.

Stay alert and focused on riding

- Minimize unnecessary conversation as your pace increases.
- If you must take a phone call, pull off of the road.

Give warnings & point out hazards

- Look before you pass, and announce your intentions.
- Pass on the left, never on the right.
- Call out hazard warnings up and down the line ("hole," "car back," "walker up," etc.)

Ride single file most of the time

- Stay as far to the right as feasible.
- Ride two abreast (and never more than two abreast) **only on quiet streets/roads.**
- Hearing "car back" necessitates quickly getting into single file.

Obey lights and signs

- Always stop at red lights – look ahead and anticipate.
- Call out "STOPPING" if you become separated from riders ahead of you.
- Never try to beat the light just to stay with the pack.
- Leader should find a safe place for the group to reassemble if a red light separates the group.
- Use caution at all intersections.
- Yield to motorists when they have the right of way.

Be courteous to motorists

- Do not block traffic unnecessarily.
- If required to stop, pull off the road.
- Allow overtaking traffic to pass, but don't be afraid to take a lane if necessary for safety.

Follow your leader

- Unless alternating in a pace line,
stay behind the leader and in front of the sweep.
- Let the leader or sweep know if you decide to leave the group.

Speak up about other's unsafe riding behavior.

Tactfully mention it to the ride leader or sweep if it persists.

Ride Report: OK Freewheel and Big BAM (riding Route 66 through Oklahoma, Kansas and Missouri)

by Cary Cohen and Mitch Polonsky

Three AHBC members spent two weeks in June riding 805 miles (49 hours in the saddle) with a total of 26,325 feet in elevation gain. The group rode back-to-back weeklong rides, the OK Freewheel and Big BAM, following much of Historic Route 66. They rode across Oklahoma, Kansas and Missouri. The temperatures each day were in the upper 80's to mid 90's. Each night of the first week, across Oklahoma, they enjoyed comfortable indoor camping. The second week, in Missouri, they camped out every night.

The great things about this ride were the sights along the way and the ability to see how travel was early in our country's road system. Route 66 kept curving in all directions so as to ride through all of the towns along the way.

Some of the sites the riders visited:

Elk City, Okla. — home of National Route 66 Museum
Weatherford, Okla. — Safford Air and Space Museum
Just east of Weatherford — Lucille Hamon's house (Mother of the Mother Road)
Stroud, Okla. — Rock Cafe (was involved in the movie Cars)
Tulsa, Okla. — Woody Guthrie Center, a museum to one of the greatest country folksong singers and writers
Catoosa, Okla. — the Blue Whale structure and pond
Commerce, Okla. — home of Mickey Mantle

IF YOU GET THE CHANCE TO RIDE ROUTE 66, do remember to stop and see all of the historic things along the way.

At the end of the two weeks, the three were all glad to get to the end, as it was the first time each of them had ridden for two weeks straight and they were all tired and hurting somewhere.

The Goldilocks Ride by Vince Kelley

The Arlington Heights Bicycle Club offers advanced, advanced intermediate, intermediate, and leisure rides. Each type of ride is posted at a speed range with a 2 mile-per-hour spread. My experience is that the ride leaders are usually good at adhering to that pace. We sometimes descend hills faster and are slower on the inclines, but most of the time the rolling speed is about what is posted. Springtime rides tend to be shorter, in the 25-40 mile range, while rides over 50 or 60 miles are frequently offered later in the season, when most active riders find longer distances within their fitness range.

Often we hear from some members that the rides that are offered do not match exactly what they are looking for. Some do not like to stop for lunch. Some would prefer rides that are a little shorter or a little longer. Others find the leisure group a little too slow and the intermediate group a little too fast. Like Goldilocks, some members have a hard time finding the ride that is "just right." If you joined a bike club to find a ride that is just right for you, you would hate to be disappointed.

Our bike club has made a good effort to provide rides that will meet the needs of many kinds of riders. But the most important element of any club ride is that it is a **group** ride. Group rides offer the safety of numbers, since we are more visible as a group. We encourage best safety practices for all participants. We are there to assist when someone in the group has a mechanical or physical problem. We offer one another companionship. We encourage each other to improve our cycling skills. When you ride **alone**, the speed, distance, and route are always just right. When you or I choose to ride with a group, we know that we may have to sacrifice some of our ideal specifications. But what I have gained is friendship, skill, knowledge, speed, and endurance. I also find it valuable personally to sometimes sacrifice my own preferences for the needs of a larger community. That is something that is good for me not only when I ride a bike but all of the time.

Ride Report: SHEBOYGAN

by Paula Matzek

Ten members of AHBC spent a weekend in Sheboygan, Wisconsin in early July. Theresa had told us about the one-day Salvation Ride, a benefit for the Salvation Army, and we all decided to make a weekend of it. We arrived on Friday afternoon, registered for the Saturday ride, and dined al fresco at an Italian restaurant along the harbor. We spent the night at a local hotel.

Saturday's ride started at King Park, a beautiful city park on Lake Michigan. The weather was perfect for riding, with temperatures in the upper 70's. The route took us south and west through rural areas on low traffic roads. There were no significant hills, and most of the roads were in good repair. Rest stops, staffed by friendly volunteers and featuring a great variety of food options, were spaced about 12 miles apart throughout the ride. Along the way, we witnessed a parade of vintage tractors, as well as a variety of animals — sand hill cranes, cows, sheep, horses. Route lengths of 10, 25, 55, 66, and 100 were available, but none of the AHBC members opted for the shortest or longest route. The ride ended at King Park with a full chicken lunch and Culvers custard for dessert.

We dined al fresco again Saturday evening, this time at an English-style pub.

On Sunday, we drove to nearby Oostburg and rode about 20 miles on the paved Interurban Trail. We found a great little diner in Oostburg for a final lunch before heading home, some of us stopping at Mars Cheese Castle on the way. Others made a stop to pick up a case of Spotted Cow Beer, available only in Wisconsin (but sometimes surprisingly hard to find at Wisconsin bars and eateries!)

All agreed that this was a great weekend and, weather permitting, we would like to do the Salvation Ride again next year and get some more club members to join us.

Ride Report: **Trempealeau** by Vince Kelley

This past May, Gary Gilbert took eleven of us on a tour of Trempealeau County, Wisconsin. We stayed in the town of Trempealeau, which is on the Mississippi River about 20 miles north of LaCrosse and about five hours from home. The enticement was miles of designated bike routes through the county on quiet and scenic back roads. The trip more than lived up to the hype.

We stayed at a 15-unit mom and pop motel sitting on a hillside with views of the bluffs and the river. The town had one other similar motel and an old hotel that probably dates back to the nineteenth century. We were miles from the nearest Hampton Inn or Super 8. We were also off the beaten path for Wendy's and McDonald's. Dinners were at the old hotel one night, and two different supper clubs on the next two nights. All three provided meals and ambience that ranged from good to outstanding and at prices that are hard to beat in Arlington Heights.

But now for the reason we traveled that far: the rides were all awesome. We arrived early enough to check in and then do a 30-mile loop to the nearest big (population 1,500?) town. This part of Wisconsin is sparsely populated and consists of rolling hills through a mix of dairy farms, forest, and an occasional orchard. Our first ride included all of that.

The second day offered a promise of rain. Some drove a few miles to another town to start their ride. The promise was fulfilled. It started with a few light sprinkles, but that evolved into a near downpour after about an hour. Our salvation was a small town about a block long which had a tavern (every Wisconsin town is defined by the presence of at least one tavern) and a deserted general store. We found shelter in the overhang in front of the general store. After we had consumed an energy bar and some water, the water from the sky ceased to fall. The remainder of the ride on Route 4 was through a ravine, up a long hill, and then along a beautiful ridge. It was more than worth getting wet for.

There are fifteen to twenty designated routes through the county. The one we followed that day was marked with a sign at every turn. The next day, different groups went different directions, again to explore more of the county routes. Mine was right from the motel and followed the Mississippi for a few miles and then meandered past creeks, small rivers, and hilly woodlands. There was only one small stretch along a state highway with a shoulder. The rest of the way we rarely sighted a car, and the views changed from pleasantly pastoral to breathtakingly beautiful.

On our last day of the trip some of the group headed across the river to check out the Root River Trail in Minnesota. Those who went gave it rave reviews.

This is a trip that may be offered again. If it is, don't miss it! If no one steps forward to organize, maybe you would be willing to take the initiative. Gary or I would be happy to provide you with all of the logistical details.

Looking Ahead...

**Your photos of and articles about club rides and events
are needed**

for future newsletters.

Submit to Paula Matzek, plmatzek@aol.com.